

SEPARATION PHYSICALS

Complete a separation physical at the Physical Exam Center located at Irwin Army Hospital (IACH) 90 to 180 days prior to ETS date. Physical exams will be by appointment only and scheduled through the IACH centralized appointment line **785-239-3627**. When arriving for the physical the Soldier **MUST:**

- Present a valid military ID card
- Be in PT or duty uniform **AND** have fasted 12 hours prior to the exam.

Physical exam personnel will provide each Service Member a packet and a checklist outlining the process for Phase 1.

The Service Member will return the packet to the Physical Exam clinic immediately upon completion. Completed Phase 1 packets will be sent to the Service Member's clinic by courier for scheduling of Phase II of the examination.

A Soldier can request a copy of the completed physical and a copy of their medical records through correspondence at IACH. If you have further questions call Physical Exam at **239-7815**.

A Soldier **cannot out process without the Separation History and Physical Examination (SHPE)**. The Department of Defense DTM (Ref a) has established a requirement for all Active Duty and Reserve Component Soldiers separating from active duty after serving longer than 180 days or over 30 days in support of contingency operations to complete a Separation History and Physical Examination.

The SHPE includes:

- A review of a Soldier's medical history documented on a DD Form 2807-1 (Report of Medical History).
- A physical examination documented on a DD Form 2808 (Report of Medical Examination).

This reinforces and adds to the Army's requirement for separation health assessments (Ref b, Para 8-24b).

The SHPE will be listed as a separate entry on Installation Clearing Papers for all separating Soldiers as part of their out processing of the installation.